

Alexander City Parks & Recreation 50+ Active Living Center Overview

Sample Calendar

FEBRUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Day Trip-9AM Antiques/Lunch Dominoes/Chess/ Cribbage 9-11 AM Bunco 5PM	4 Rook 8AM Sit & Fit 9:30 Bridge 1 PM	5 Rook 8AM Floor-Stretch 8:30 Mexican Train Dominoes 9AM Knitting 2PM	6 Rook 8AM Sit & Fit 9:30AM Move 10:30 AM Lise Dance 4PM	7 Rook 8AM Canasta 9 AM Square Dance 5PM	8 8AM Class
2nd Cruise Payments are Due This Week [Times or Times 10:27 PM] or Call Direct Line at 1-866-621-2910 *Some are already making payments online and online events through email	10 Exercise Video 9-10AM Dominoes/Chess/ Cribbage 8-11AM Beginner Rook 11-1PM Quilt Guild 2PM	11 Rook 8AM Tournament 9-12pm "Bring a Snack" Sit & Fit 9:30 Bridge 1pm	12 Rook 8AM Floor Stretch 8:30 AM Mexican Train Dominoes 9AM Knitting 2PM	13 Rook 8AM Sit & Fit 9:30 Sr. Move 10:30 Open Studio 11AM Ham Radio Club 6PM	14 Rook 8AM Canasta 9AM Love Bingo 12-1 pm rsvp	15 Quilt Guild
	17 Exercise Video 9-10AM Dominoes/ Chess/Cribbage 8-11 AM	18 Rook 8AM Sit & Fit 9:30 Bridge 1 PM	19 Monthly Luncheon 11 AM RSVP Knitting 2pm	20 Rook 8AM Sit & Fit 9:30AM *No Sr. Move Class AACA Meeting 9:30 Noon Lise Dance 4PM	21 Day Trip- 9AM Alabama Department of Ar- chives and History Rook 8AM Canasta 9AM	22 8AM Class
23	24 Exercise Video 9-10AM Dominoes/Chess/ Cribbage 8-11AM Beginner Rook 11-1PM Quilt Guild 2PM	25 Rook 8AM Sit & Fit 9:30 Bridge 1 PM	26 Rook 8AM Floor Stretch 8:30 AM Mexican Train Dominoes 9AM Knitting 2PM	27 Rook 8AM Sit & Fit 9:30 Sr. Move 10:30 11AM Open Studio	28 *No Day Trip Rook 8AM Canasta 9AM	29 8AM Class

Basic Monthly Guide

Beginner Rook: 2nd & 4th Mondays 11-1 PM **Bridge:** Tuesdays 1PM **Bunco:** 1st Mondays 5 PM **Canasta Hand & Foot:** Fridays 9 AM
Knitting: Wednesdays 2 PM **Line Dancing:** 1st & 3rd Thursdays 4 PM **Mexican Train Dominoes:** Wednesdays 9 AM
Open Studio Art: 2nd & 4th Thursdays 11 AM **AACA Meetings:** 3rd Thursdays 9:30 AM
Dominoes/Chess/Cribbage Players: Mondays 8AM **Quilting Guild:** 2nd & 4th Mondays 2 PM and 3rd Saturdays
Ham Radio Club: 2nd Thursdays 5:30 PM **Rook:** Tuesday thru Friday 8 AM **Square Dance:** 1st & 3rd Fridays 5 PM
Sit & Fit: Tuesdays & Thursdays 9:30 AM **Hilltop Players:** Skit Group **Monthly Luncheon:** \$5 Meal RSVP **Sr. Move:** Thursdays: 10:30 AM
Sr. Floor Stretch: Wednesdays 8:30 AM
 Facility Tours-Memberships Info-Payments on Tues & Thurs 10-2PM
 Alexander City Parks & Recreation 50+ Activity Center Phone: 256-329-2910
 Email: corley.holt@alexandercityal.gov

Activity Opportunities Added Throughout the Year: Day Trips, June & July Aquatic Fitness, Leaders/Volunteers, Hilltop Performers Skits, Seasonal Men's Day Outings, Fundraiser Committee, Seasonal Crafting Projects, Guest Speakers/Company Presentations, Over-night Land & Sea Travel, Center Gardening, Scheduled Weekend Art Workshops, Senior Educational Sessions, Specialty Land Exercise Classes, Bingo, Themed Holiday & Social Parties

Helping hands and caring hearts at the 50+ Active Living Center enhance activity opportunities for our area through participation, volunteering and leadership skills.

"To create, implement and establish life enhancing activities for senior citizens and future retirees. To always strive to make decisions for the betterment of the entire ACPR 50+ program in hopes of bringing multiple groups of all activity interests together for whole group inclusion. To maintain a healthy environment for all in need of fellowship and connection, growth in socialization and stress-free activity opportunities." Corley R. Holt

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Keep a Smile on Your Face & Love in Your Heart

Senior Activity Supervisor, CRH